



# Student Workshops on Stress and Anxiety

Funded by:



We deliver interactive, educational workshops in schools for pupils from year 6 upwards.

Workshops will help students:

- Learn about anxiety, what it is like and where it comes from
- Learn helpful ways to calm and soothe themselves when feeling stressed or anxious
- Learn how to take steps manage anxiety in the longer term and prevent stress building up

Workshops will teach proven evidence-based techniques from cognitive-behavioural therapy and mindfulness

Students who have attended our workshops have said:

- ☺ *"It was easy to follow and the handout was really good"*
- ☺ *"I learnt many ways to deal with anxiety that didn't previously know"*
- ☺ *"There were good explanations which were aimed at the correct level"*
- ☺ *"Mindfulness was very interesting and useful, and I'm going to find out more about this"*

- All sessions are **FREE OF CHARGE** to primary and secondary schools and colleges in the Lancashire County Council area.
- Workshops can be delivered during or after school. Session length is usually 50-60 mins.
- Workshops are delivered by clinical psychologists who have experience of working with young people within CAMHS services
- Content and style is tailored to be accessible for any year group
- Parallel training sessions for staff are available and are recommended to ensure that key messages and strategies are consistent across school

Please contact Dr. Richard Slinger, Service Lead, at [r.slinger@lancaster.ac.uk](mailto:r.slinger@lancaster.ac.uk) for more information and to arrange sessions in your school.